

# Just try LaTouraine Tea- as good as LaTouraine Coffee 40 cents per 1/2 pound canister

## Topics of the Home and Household.

Codfish can be stuffed and baked like any other fish.

Rugs should not be shaken, but instead hang them on a clothesline and beat them with a cane beater kept for the purpose.

To dry woolen blankets after hanging them out, brush well with stiff brush or broom. Do this at intervals and the blankets will be fluffy and soft. To prevent a ridge resulting from pressure on clothesline shift the position of the blankets occasionally while they are drying.

### Soups for All Occasions.

Soup is probably the most versatile of all dishes, for it can be made in so many different ways, either to fit in and balance out a menu, as a thin, pleasantly seasoned beverage with which to begin a substantial dinner, or as a hearty chowder or puree that may form the main course of the home luncheon or supper, says Virginia Carter Lee in the Boston Herald.

Soup to be good must first of all have a pronounced flavor. It should be very well seasoned and always served as hot as possible. Its nourishing properties will be governed by the amount of vegetables that it contains, the meat essence which stimulates digestion, the legumes (such as dried peas, beans and lentils) that furnish muscle-making properties, the grating of cheese, as is used in Italy, which supplies a certain amount of protein, or it may be reinforced by milk or eggs, both concentrated food in themselves. Then, too, most of the heartier soups contain a considerable portion of cooked vegetables in the form of rice, barley, tapioca, spaghetti or macaroni, all of which add greatly to the food value of the dish.

The old-fashioned stock pot (like the large family) is a rare institution today, and the home caterer confines herself to the making of the many varieties of bouillions and vegetable cream soups, a thick vegetable soup (made without meat), or else makes what she calls an emergency soup, with the aid of and ends of leftover meat, reinforced by steak or chop bones and plenty of vegetables.

In this connection, if the steak bone and meat are wanting, the bouillon cubes (both chicken and beef) will be found very useful in furnishing the rich meat flavor that adds so much to the finished soup. Use one cube for each cupful of the soup, and use less salt when seasoning, as the cubes are salt in themselves. Meat extracts are also good.

Occasionally, however, a delicious pot-au-feu may be indulged in, and if the soup bone is a meaty one, in addition to the meat used with the soup, the remainder can be utilized in the making of another dish, such as a mince, a few croquettes, the basis of a mince pie or for sandwiches. This is a standard French dish, and the recipe has been obtained from an old French housekeeper.

In the making of all soups in which meat is employed, cut the meat in small pieces, cover it with cold water, add the needed amount of salt, and let stand for several hours before heating. Then bring very slowly to the boil and skim frequently while cooking. The good soup maker tastes and tastes, and is not afraid to add different condiments until she has it just to her liking.

To make julienne soup, cook in salted water bits of white onion, strips of carrots, half a bay leaf and some dried celery. When the vegetables are tender add a few drops each of kitchen bouquet and Worcestershire sauce and stir in for each cupful a chicken bouillon cube. Reheat and add half a cupful each of drained canned peas and tiny string beans. Add extra salt and paprika to taste. A little grated cheese may also be dusted over the top of each portion.

For thick vegetable soup (without meat) wash and dice a quarter of a cupful each of potatoes, carrots, turnips and cabbage. Cook the vegetables in two cupfuls of water (to which a teaspoonful and a half of salt has been added) until tender, and then add one cupful of strained tomato and enough

## ELOPERS FEAR SOME SHOOTING

Otherwise They Would Have Returned to Herrodsburg, Ky.

WERE ARRESTED AT ATLANTA

Man Left Family of 7 and Woman Her Husband and Four Children

Atlanta, Ga., Jan. 18.—Charles Grimes, tobacco planter and stock man of Herrodsburg, Ky., and Mrs. Cora Adkinson, wife of another Herrodsburg farmer, were under arrest here today, charged with having abandoned their families and eloped. Grimes left his wife and six children while Mrs. Adkinson left her husband and four children.

The couple told the police here that several times since leaving Herrodsburg in an automobile for Florida they were inclined to turn back and seek forgiveness. Grimes gave the following reason for not doing so:

"You know how it is in my country. When a man runs off with another man's wife, the husband is supposed to do some shooting."

**LEAGUE OF NATIONS IS ONE YEAR OLD**  
Its Membership Takes in About 1,269,000,000 People—Germany Wants to Join.

The league of nations was one year old Jan. 16. Its membership now comprises 59 nations representing, it is estimated, 1,269,000,000 people, or three-fourths of the world's population of 1,605,000,000. Eleven additional states with a total population of 44,000,000, have formerly applied for admission, while it is known that Germany with its 60,000,000 people wants to join as soon as she is given a chance. This leaves about 300,000,000 of the world's inhabitants completely outside the league.

The league began its life when the council met for the first time in Paris at the summons of President Wilson on Jan. 16, 1920, with 23 members. By the time the first meeting of the assembly was held a few months ago, the membership had increased to 41. Eight have since been added.

At the time of its birth the league had no quarters of its own, but today it is installed in its permanent seat at Geneva, where an old hotel has been transformed into the Palace of the Nations. The general secretariat, under Sir Eric Drummond, has a staff of more than 300.

There have been 11 meetings of the council of the league and most of the subsidiary of semi-independent bodies contemplated by the covenant have been brought into existence. These include the international court of justice, the first institution of its kind in the world's history; machinery for the registration of international treaties; commissions to deal with disarmament, mandates, economic blockade measures, public health, international statistics, and the international labor office.

Preparations have been made for bodies to deal with international communications and the suppression of the white slave traffic and the creation has begun of permanent machinery for the regulation of international credits and the economic rehabilitation of countries ruined by the war. Friends of the league point to its intervention in the Poland-Lithuanian and Swedish-Finnish disputes, the latter over the Aland islands, as among its achievements, although both cases await final settlement. They also enumerate as standing to the league's credit the repatriation of more than 200,000 war prisoners and a campaign against typhus in Poland. They say it has furnished a government for the Saar district, formerly German, and that it has helped Danzig to assume its position as a free city under the league's special protection.

**WAITSFIELD**  
The American Legion met last Saturday night for the purpose of electing officers, after which supper was served to members.

Mrs. Stephen Joslyn has gone to Boston to accompany her home, Rye, for, who has been under treatment for several weeks at one of the hospitals. The many friends of Mrs. Gleason, who has been seriously ill, will be glad to hear that she is gaining strength each day.

**High School Notes.**  
Charles Jones, Orman Tucker and Elvin Gross have been attending the older boys' conference at St. Johnsbury.

The second year class had charge of the assembly last week. Wednesday morning they had chapel exercises, and Friday afternoon their assembly consisted of chorales.

Friday night, a reception was given to the faculty by the Parent-Teachers' association. Directly after the business meeting, the following program was carried out by the students: Piano solo, Hazel Palmer; a series of talks, explaining the organization of the high school, the first being, "The History of the Student Government in Our School," Melvin Livingston, second, "The Court," Beulah Smith, third, "The Council," Leah Bernath, fourth, "The Committee System," Ha Allen, fifth, "Student Teaching," Mabel Collins; piano solo, Mary McAllister; vocal solo, Gordon Ford; recitation, "My Father," Collette Buzzell; piano solo, Edna Frestie; After the program, refreshments of cake and coffee were served, followed by a social hour of visiting and dancing.

Students in charge of the study hall last week were Edith Tucker, Marshall Gaylord, Floyd Semple, Eugene Baird, Ellen Fulkerson, Melburn, Collette Buzzell and Orman Tucker.

Mr. Abbott is having "tryouts" for those wishing to take part in the play which is to be given a little later for the benefit of the Boys' Athletic association.

It was voted at the meeting of the Parent-Teachers' association last Friday night to raise money to establish a rest room in the school building.

## Build Up Your Blood With Dr. Williams' PINK PILLS

Your own druggist sells Dr. Williams' Pink Pills. Write to the Dr. Williams Medicine Co., Schenectady, N. Y., for free booklet, "Building Up the Blood"

### NORTH MONTEPIER

Mrs. Ruth Butterfield of Montpelier was home over Sunday.

Mrs. Harold Mathers of Burlington has been visiting her aunt, Mrs. W. G. Nye, the past week.

Harold Nye from Walden, Mass., has been visiting at W. G. Nye's the past week.

Miss Eva Parsons was sick with tonsillitis last week, but is much better at this writing.

Mrs. Frank Page and her son, Fred, were the guests of Mr. and Mrs. Ed. Pitkin Sunday.

Miss Grace McKinstry has had to give up her school in Cabot on account of poor health.

Will Bradford and daughter of Barre were the guests of Mr. and Mrs. W. G. Nye last week Wednesday.

Mrs. and Mrs. Arthur Cutler of Plainfield were at Mrs. Cutler's father's, George Clines, last Sunday.

Mrs. Fred Little was called to Goddard seminary last Thursday by the illness of her daughter, Edith, who had tonsillitis, but she was home Saturday.

Mrs. Arch Parsons was in Barre Saturday. Her daughter, Alice, came home with her to spend Sunday.

There was a good attendance at the Red Cross home nursing meeting, held at Mrs. Lewis Coburn's last Friday.

The next class will be held this week Saturday.

Mrs. and Mrs. E. C. Hillis were in Burlington last week to attend the Dairymen's association meeting.

Mrs. Will Coburn spent Thursday last week at Mrs. Lewis Coburn's.

Mrs. and Mrs. Arch Parsons were in East Calais last Sunday, calling on friends.

Mrs. Ed. Pray has been sick the past week with the prevailing diphtheria.

Mrs. Mary Cutler, Miss Carrie Sibley and a friend of Montpelier were the guests of Miss Hattie Sibley last Thursday.

Mrs. and Mrs. Russell Collins were in Washington last week Friday night to attend a grange meeting. Mrs. Collins is district deputy.

Misses Patrick and Bliss are cutting law for the farmers and the creamery. Miss Nora Ellis was home from Goddard seminary, Barre, over Sunday.

Mrs. and Mrs. Arthur Townsend of Hollister Hill were the guests of Mr. and Mrs. Harry Townsend Sunday.

Mrs. Jay Lilley and son, Roy, visited relatives in Plainfield Sunday.

The annual Masonic hall, with chicken supper, will be held in the Masonic hall, North Montpelier, Thursday evening, Jan. 20. Music, Carroll's orchestra—adv.

### SOUTH ROYALTON

Mrs. Ellen Foss of Tunbridge came to visit her sister, Mrs. C. P. Farwell, recently.

Mrs. and Mrs. E. A. Jones have purchased of Charles Moxley of Montpelier, Mass., the farm where they have been living for some time.

Mrs. E. M. Lovejoy was in Bethel on business Friday.

Judge A. G. Witham was in White River Junction Thursday, called there by business.

The basketball games between Chelsea and South Royalton teams which were played Friday night resulted in a victory for the Chelsea girls' team and one for the South Royalton boys' team.

Mrs. W. C. Christie, who has been in Everett, Mass., for some time, returned home the last of the week.

At the meeting of the White River grange Friday night the following officers were installed by the past master of Pomona grange, F. W. Howland, assisted by his daughter, Miss Elizabeth Master, E. A. Flint, overseer, W. D. Foster; steward, H. G. Whitney; assistant steward, C. W. Cowen; treasurer, W. P. Hubbard; secretary, Gladys I. Burnham; Ceres, Mrs. Addie Flint; Flora, Mrs. Rose Coffey. The following officers were unable to be present for installation: Chaplain, Mrs. Olive B. Hale; lecturer, Mrs. May P. Dearings; gatekeeper, H. Adams; Poet, Mrs. Abbie Spaulding, and lady assistant steward, Mrs. Ida Anderson. Refreshments of cake and coffee were served after the installation.

W. A. Farnham of Windsor was in town the last of the week.

Don Blake of Woodstock was a recent visitor in town.

Mrs. Adeline Rodier has a sister visiting here.

George Goodrich has bought the James Reed farm in Barnard.

## SCOTLAND KEEPS MOSTLY "WET"

Referendum on Prohibition Shows Only 41 Areas for Abolition of Saloons

WITH 496 VOTING FOR NO CHANGE

And 35 for Limitation of Drink Licenses—Total of 1,153,978 People Voted

Edinburgh, Jan. 18.—Scotland has definitely decided to remain mainly wet. Voting on prohibition under the Scottish temperance act has been concluded with this result:

Polls were taken in 572 areas, with the result that 496 voted for no change in the present regulations, 41 for abolition of saloons and 35 for limitation of drink licenses.

As a consequence, out of a total in Scotland of 9,371 licenses 447 will be withdrawn.

Of 1,153,978 individuals, 692,222 were for no change; 442,530 for prohibition and 19,226 for limitation.

### LONDON SHORT 100,000 HOUSES

And a Million Houses Are Needed in Whole Kingdom.

London, Jan. 18.—It is estimated that London is short of 100,000 houses and Premier Lloyd George, speaking in the House of Commons, has placed the total house shortage for the whole of the United Kingdom at roughly 1,000,000. A house for rent notice board in London quickly attracts a crowd.

Houses are a department of the ministry of health and, by legislation act, local authorities are required to submit housing schemes. Thousands of schemes have been submitted, but progress has been very slow.

Perhaps the chief reason for this has been the economic factor. Houses which cost three or four times as much to build as before the war, cannot obviously be sold or let at pre-war figures.

Nevertheless, according to government statistics some 60,000 new houses were started in 1920 and the number contracted for has risen during the year from 10,408 to 133,301.

One striking feature of the effort to provide houses is a housing scheme conducted by the office of works, which was empowered to spend 6,000,000 pounds spread over 18 months. Its operations started in Camberwell, a south London borough. An arrangement was made by which the office of works supplied the plans, material and supervision, while the local federation of trades union supplied the labor and the borough council assumed responsibility for the finances. The plan worked smoothly and houses were built for 780 pounds apiece, a saving of at least 200 pounds, making a total saving to taxpayers of 400,000 pounds. This scheme may become the embryo of a state building department.

The financial difficulties connected with the housing problem have been responsible for the creation by local authorities of interest bearing "housing bonds," which are in some localities a fairly popular investment.

In the north of England, concrete houses have become popular, as machine largely replaces man-power in their erection. In some parts of London, too, such houses have been built recently, owing to the shortage of bricks, the high rate of wages and other difficulties.

**HOLY LAND IS HEALTHY.**  
Has Eight Months of Sunshine—Little Tuberculosis Found There.

Palestine has natural possibilities of becoming one of the world's great health resorts, according to a recent interview with Dr. Henry Keller, New York physician, former member of the American Zionist medical unit, which has been working in the Holy Land for over two years.

"Palestine, owing to its topography, its variegated climate, its mountainous regions of various altitudes and its eight months of continuous sunshine, together with its beautiful landscapes and picturesque environment, is destined to become the mecca for health seekers as well as pleasure seekers," he said.

Sun baths, or heliotherapy, which was used with great success by physicians in the Alps in treating tuberculosis, especially of the bone and joints, could be practiced ideally on the Mount of Olives at Jerusalem, Mount Carmel at Haifa and Safed, asserts Dr. Keller. He said he was particularly impressed with the small number of tuberculosis cases in Palestine, despite starvation and other sufferings to which the poor were exposed during the five years of the war.

There are a number of sulphur springs along the valley of the Jordan and the Ghor, only in need of some attention to make them worthy to compete with the best sulphur springs of the modern world," he continued.

"With the appointment of Sir Herbert Samuel as high commissioner of Palestine, we hope to have the co-operation of the government in our anti-malarial campaign so that our sanitarians might reach the entire population. With the drainage of swamps, with the terracing of the mountains and hills of Judaea, so that rain water would have a chance to be partially retained and in that way diminish the number of post-rain swamps, together with the planting of eucalyptus trees throughout the region now infested with malaria, dead malaria is bound to become a thing of the past in the Holy Land."

"Once the Holy Land is cleared of all these diseases, which are now a menace to the normal growth of the country, there is no more beautiful or healthier country than Palestine," New York Times.

**Putting on Dog.**  
Mrs. Ayers—You might say that we suspect a discharged booter.

Reporter—When was he discharged? Mrs. Ayers—Oh, we really never kept a booter, but I think it sounds well—Boston Transcript.

**MOTHER!**

"California Syrup of Figs" Child's Best Laxative

Accept "California" Syrup of Figs only—look for the name Calumet on the package, then you are sure your child is having the best and most harmless physic for the little stomach. River and bowels. Children love its fruit taste. Full directions on each bottle. You must say "California." Adv.

These are the words of James Baxter, N. J.: "Ever since I tried RAT-SNAP I have always kept it in the house. Never fails. Used about \$3.00 worth of RAT-SNAP a year and figure it saves me \$300 in chicks, eggs and feed. RAT-SNAP is convenient, just break up cake, no mixing with other food." Three sizes, 15c, 35c, \$1.25. Sold and guaranteed by R. L. Clark and B. D. Tomasi, Barre, Vt. Green Company, Middlebury, and Berry & Jones, Montpelier—Adv.

**The Farmer's Worst Enemy—Rats.**  
The Farmer's Best Friend—Rat-Snap.

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How much harder the daily tasks of a woman become when she suffers from such distressing symptoms and weakness as did Mrs. Little. Such troubles may be speedily overcome by Lydia E. Pinkham's Vegetable Compound.

Philadelphia, Pa.—"I was not able to do my housework and had to lie down most of the time and felt bad in my left side. My monthly periods were irregular, sometimes five or seven months apart and when they did appear would last for two weeks and were very painful. I was sick for about a year and a half and doctored but without any improvement. A neighbor recommended Lydia E. Pinkham's Vegetable Compound to me, and the second day after I started taking it I began to feel better and I kept taking it for seven months. Now I keep house and perform all my household duties. You can use these facts as you please and I will recommend Vegetable Compound to everyone who suffers as I did."—Mrs. J. S. Little, 3455 Livingston St., Philadelphia, Pa.

## One of the Reasons Why American Cooking is Becoming Better—More Delicious—Easier to Digest

New Methods of Cooking Not  
Only Better But More  
Economical

IN the "good old days" we talk about so sentimentally—but which few of us would ever want to go back to—everyone used a lot of grease and lard for their cooking. That's one reason Americans formerly had the reputation of being the most dyspeptic nation on earth.

There has been a great change in this condition. Many million families in America have abandoned old-fashioned cooking methods.

They are now using vegetable oil for all frying, sautéing and baking, and for shortening biscuits, pie crusts, and other delicious foods.

And it is interesting to know that Mazola has the greatest sale of any brand of vegetable oil.

And food cooked with Mazola tastes better. Steaks, chops and all fried foods are crusted over almost instantly. The flavor and all the rich nourishing juices are kept in.

**Women of Refinement Welcome Modern Cooking Methods.**

Women of refinement everywhere appreciate the fact that there isn't any smoke or odor of cooking with Mazola. The reason is Mazola can be heated so hot before it begins to burn—not like animal fats and ordinary cooking oils.

Being an oil, Mazola mixes more readily than do the fats generally

used for shortening, and so saves time and labor.

There is no waste to Mazola. You do not discard it—even after frying fish or onions. Just strain the oil and use it over and over again—even for shortening and pie making.

It is interesting to know that some of the finest French pastry baked today is made with Mazola. It gives a crisp richness to pastry that is not obtainable with any other fat.

Many of the greatest experts prefer Mazola as a salad oil, as it blends more perfectly with the other ingredients of the dressing, than does olive oil.

Mazola is an American product, made in America. You don't have to pay the heavy ocean freight rates and the custom duty of 30c a gallon that are assessed on imported olive oil.

If you haven't yet tried Mazola, go to your grocer and order a can today. In pint, quart, half-gallon and gallon tins.

**NATIONAL STARCH CO.**  
Sales Representative for Corn Products Refining Co.  
47 Farnsworth Street, Boston, Mass. Mr. W. A. Cahoon, Manager

**FREE** New handsomely illustrated Corn Products Cook Book. 64 pages of practical recipes. Tells you how to make French Toast, Cakes, Pies, Pastries, Candies. Write Corn Products Refining Company, Box 161, New York City.

**How to Make Pine Cough Syrup at Home**

Has no equal for prompt results. Takes but a moment to prepare, and saves you about \$1.

Pine is used in nearly all prescriptions and remedies for coughs. The reason is that pine contains several elements that have a remarkable effect on soothing and healing the membranes of the throat and chest.

Pine cough syrups are combinations of pine and syrup. The "syrup" part is usually plain sugar syrup.

To make the best pine cough remedy that money can buy, put 2½ ounces of Pinex in a pint bottle, and fill up with home-made sugar syrup. Or you can use clarified molasses, honey, or corn syrup, instead of sugar syrup. Either way, you make a full pint—more than you can buy ready-made for three times the money. It is pure, good and tastes very pleasant.

You can feel this take hold of a cough or cold in a way that means business. The cough may be dry, hoarse and tight, or may be persistently loose from the formation of phlegm. The cause is the same—inflamed membranes—and this Pinex and Syrup combination will stop it—usually in 24 hours or less. Splendid, too, for bronchial asthma, hoarseness, or any ordinary throat ailment.

Pinex is a highly concentrated compound of genuine Norway pine extract, and is famous the world over for its prompt effect upon coughs.

Beware of substitutes. Ask your druggist for "2½ ounces of Pinex" with directions, and don't accept anything else. Guaranteed to give absolute satisfaction or money refunded. The Pinex Co., Ft. Wayne, Ind.

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